

# ***World Class Tae Kwon Do* Tournament**

## **Tae Park Tae Kwon Do Association**

### **November 11th, 2017**

#### **Competition Division: Form, One Step, Sparring, Basic Kicking, Power Breaking**

7 & Under	8-9 Years Old	10-11 Years Old	12-13 Years Old	14-15 Years Old
16-17 Years Old	18-26 Years Old	27-39 Years Old	40 - Over Years Old	

**Competitions are divided as follows:** Individual competition shall normally be between contestants in the same weight class. When necessary, adjoining weight classes may be combined to create a single classification.

No contestant is allowed to participate in more than one weight category in one event.

#### **Belt Divisions are as follows:**

<b>FORMS</b>	<b>ONE STEP</b>	<b>SPARRING</b>	<b>BASIC KICKING</b>
1. White 2. Yellow 3. Yellow- Green/Orange 4. Green 5. Blue 6. Red 7. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. White 2. Yellow 3. Yellow- Green/Orange	1. Green 2. Blue 3. Red 4. Black (1 <sup>st</sup> -3 <sup>rd</sup> )	1. Green 2. Blue 3. Red 4. Black (1 <sup>st</sup> -3 <sup>rd</sup> )

**Protective Equipment:** Contestants shall wear an approved trunk protector, headgear (white, red for Hong and blue for Chung. Other colors at the discretion of the tournament director), groin guard (optional for female competitors), forearm protector, shin-instep protectors and a mouth guard before entering the contest area. Hand gloves optional. The groin, forearm and shin-instep protectors must be worn inside the uniform.

**Personal Requirements:** All competitors shall keep their nails cut short and shall not wear any articles that may injure or endanger an opponent. Any competitor whose hair, in the opinion of the referee is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.

**Required dobok or uniform:** All competitors are required to wear a clean, white V-neck uniform top and bottom. Black Trim collars are for black belts only.

### **Poomsae Competition Rules:**

Palgwae poomsae are used for all color belt competition and WTF recognized poomsae for black belt competition. Color belt contestants may perform any color belt poomsae up to and including their current color belt poomsae.

Black belt contestants may perform any red belt poomsae or black belt poomsae up to and including their current learned black belt forms (ie. 1<sup>st</sup> Dan can perform either Koryo or Keumgang, 2<sup>nd</sup> Dan either Keumgang or Taebaek etc).

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

### **One-Step Sparring:**

Competitors will be matched with another competitor at the same level performing one-step self-defense actions.

**All competitors receive either a gold, silver or bronze medal based on their overall performance.**

### **Sparring Competition:**

Sparring Competition Permitted Techniques:

1. Fist Techniques: A straight punching technique using the knuckle part of a tightly clenched fist.
2. Foot Techniques: Delivering techniques using any part of the foot below the ankle bone.

### **Scoring Areas:**

1. Trunk: Attack by fist and foot techniques on the colored areas covered by the trunk protector are permitted. Attack to the spine, however, is not permitted.
  2. Head: This is the area from the bottom helmet line and up. Only foot techniques are permitted.
- (Grand Champion Only)**

**Points:** Points shall be awarded when permitted techniques are delivered accurately and powerfully to the legal scoring areas of the trunk and accurately and controlled to the head.

1. One (1) point for attack to mid-section on trunk protector. 1 additional point will be awarded for turning kicks to the body.

### **Head kicks only in Grand Champion**

Referees may stop the contest if there is a great disparity in the athletes' skill levels or if there is risk of serious injury.

**Sparring Duration:** Two 60 second rounds, 30 second rest.

This is a single elimination event.

**Medals:** 1<sup>st</sup> Place = Gold, 2<sup>nd</sup> Place = Silver, All other places = Bronze

## Specialty Divisions

### **Basic Kicking:**

This is a single elimination, head to head competition. Divisions will be divided by age and belt rank.

Competitors will perform the following techniques:

**Front kick double punch, High sidekick & High roundhouse kick**

Judges will be evaluating the competitor on the following:

Power (waist, twist & stopping), speed, accuracy, starting position (stance), landing position (stance), proper kicking angle between base leg and extended leg, extension of kicking leg and foot, balance and concentration.

\*Note - Middle kick will be defined as solar plexus height and High kick will be defined as the space between the nose and the upper lip.

Front kick double punch will be with the ball of the foot.

Each technique will be performed three times on each leg for a total of 18 kicks. One technique will be performed after every kihap command by the ring referee.

Each technique will be scored on a scale of 50-100 with 100 being the highest achievable score.

The competitor with the highest average score in the division will be declared the winner.

In the event of a tie, competitors will perform marching high sidekick (three per leg for a total of six kicks.)

The competitor with the highest average score of the marching high sidekick technique will be declared the winner.

This is a single elimination event.

**Medals:** 1st Place = Gold, 2nd Place = Silver, All other places = Bronze